

AQUATERRA

A D V E N T U R E S

TREK PREPARATION FILE

MODERATE TREKS

WHAT TO PACK: IN YOUR DAYPACK



TREKKING POLES

RAIN WEAR

FLEECE JACKET



SUNSCREEN SPF 50+
LIP SALVE,
HAND SANITIZER

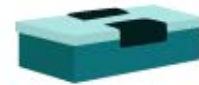


WATER BOTTLE/
WATER BLADDER —
3LT (HARD PLASTIC TO BE
ABLE TO FILL IN HOT
WATER AT HIGH CAMPS)



TOILET PAPER

WHAT YOU
CARRY
(40lt)



LUNCH BOX



PERSONAL
MEDICATION



HEAD TORCH+
EXTRA BATTERIES



CAMERA

WHAT TO PACK: ON YOUR BODY



ANKLE HIGH TREKKING BOOTS(WORN IN)



SPARE SANDALS WITH ANKLE STRAP



HARD SHELL GLOVES & FLEECE GLOVES



THERMAL UNDERWEAR/
LONG JOHNS



TREKKING SOCKS & WOOLLEN SOCKS



SUN HAT/WOOLLEN HAT

WHAT YOU WEAR

WHAT TO PACK: ON YOUR BODY



A SET OF QUICK DRYING T-SHIRT & TROUSERS



RAIN JACKET AND RAIN TROUSERS



A WARM FLEECE JACKET SHORTS/TREKKING PANTS THAT TURN INTO SHORTS



SUNGLASSES (100% UV PROTECTED)



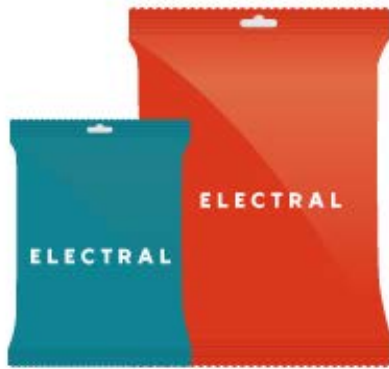
BANDANA



DOWN JACKET

WHAT YOU WEAR

WHAT TO PACK: SUNDRY ITEMS



SOME PACKETS OF
REHYDRATION
SALTS



A TOUGH DUFFEL BAG/SOFT
TRAVEL BAG
(WATERPROOF SHELL ONLY/NO SUITCASE - 80lt)



PERSONAL MEDICATION + FIRST AID



PERSONAL TOILETARIES

SUNDRY ITEMS

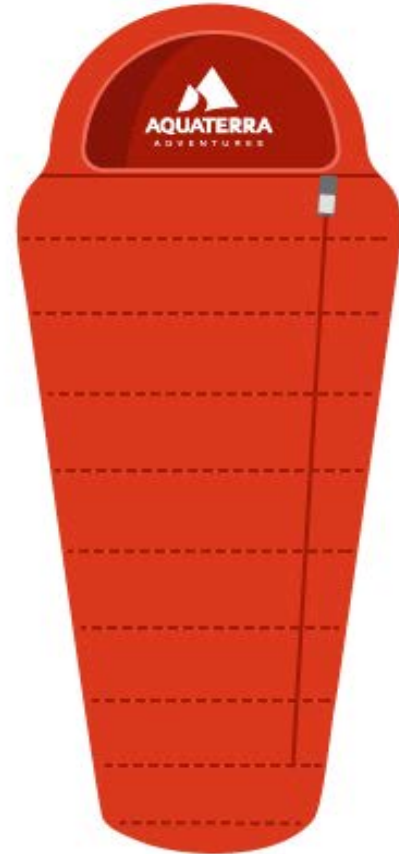
WHAT TO PACK: SUNDRY ITEMS



TREKKING POLES,
WATER BOTTLE (3L+),
HEAD LAMP &
EXTRA BATTERIES



INFLATABLE
MATTRESS
(OPTIONAL)



4 SEASON
SLEEPING BAG
(-5° DEG CEL OR LOWER)



RECREATIONAL MATERIAL



LIP SALVE/CHAPSTICK WITH
SPF & INSECT REPELLENT
SUNSCREEN SPF 50+



YOUR FAVOURITE
POISON
(IN PLASTIC BOTTLES)

SUNDRY ITEMS

WHAT TO PACK: PRINTABLE CHECKLIST

S. NO.	CHECK LIST	ITEM	DESCRIPTION/DETAILS
		IN YOUR DAY PACK	
1.	<input type="checkbox"/>	DAY PACK — 40 LT	
2.	<input type="checkbox"/>	RAIN & WINDPROOF JACKET	
3.	<input type="checkbox"/>	RAIN & WINDPROOF TROUSERS	
4.	<input type="checkbox"/>	EXTRA WARM LAYER	
5.	<input type="checkbox"/>	SUNSCREEN — SPF 50+	BROAD SPECTRUM — UVA & UVB
6.	<input type="checkbox"/>	LIP SALVE WITH SPF	
7.	<input type="checkbox"/>	HAND SANITIZER	
8.	<input type="checkbox"/>	WATER BOTTLE/WATER BLADDER	3LT CAPACITY (1 BOTTLE HARD PLASTIC – TO FILL HOT WATER IN COLDER TEMPS)
9.	<input type="checkbox"/>	LUNCH BOX	PROVIDED BY ATA BUT KEEP SPACE IN YOUR BAG
10.	<input type="checkbox"/>	HEAD LAMP + EXTRA BATTERIES	
11.	<input type="checkbox"/>	TOILET PAPER	
12.	<input type="checkbox"/>	ALL PERSONAL MEDICATION	
13.	<input type="checkbox"/>	TREKKING POLES	
14.	<input type="checkbox"/>	SUNHAT	WIDE BRIM
		ON YOUR BODY	
15.	<input type="checkbox"/>	ANKLE HIGH TREKKING BOOTS	WORN IN
16.	<input type="checkbox"/>	SPARE SANDALS	TO WEAR AROUND CAMP AND FOR RIVER CROSSINGS
17.	<input type="checkbox"/>	GLOVES	
18.	<input type="checkbox"/>	SOCKS	HIKING SOCKS AS REQUIRED + 1 PAIR OF WOOLLEN SOCKS TO WEAR AT CAMP
19.	<input type="checkbox"/>	THERMAL UNDERWEAR / LONG JOHNS	UPPER + LOWERS

20.	<input type="checkbox"/>	QUICK DRY CLOTHING	TROUSERS & TSHIRTS
21.	<input type="checkbox"/>	WARM FLEECE JACKET	
22.	<input type="checkbox"/>	DOWN JACKET	OPTIONAL
23.	<input type="checkbox"/>	SHORTS/TREKKING PANTS THAT ZIP OFF INTO SHORTS	FOR THOSE HOT DAYS/RIVER CROSSINGS
24.	<input type="checkbox"/>	BANDANA/BUFF	TO KEEP YOUR NECK WARM
25.	<input type="checkbox"/>	SUNGLASSES	100% UV PROTECTED
26.	<input type="checkbox"/>	WOOLEN CAP	
		SUNDRY ITEMS	
27.	<input type="checkbox"/>	4 SEASON SLEEPING BAG	-5 DEG C OR LOWER
28.	<input type="checkbox"/>	SLEEPING PAD/THERMAREST	OPTIONAL
29.	<input type="checkbox"/>	TOUGH DUFFEL BAG / RUCKSACK /	SOFT TRAVEL BAG WHICH IS CARRIED BY PORTERS/MULES
30.	<input type="checkbox"/>	PERSONAL TOILETRIES	TOOTHBRUSH, COMB, SUNSCREEN(SPF 50+), BIODEGRADABLE FACE WASH/SOAP, LIP BALM (WITH SPF), INSECT REPELLENT
31.	<input type="checkbox"/>	PERSONAL RECREATION	CAMERA , BOOKS, MUSIC, CARDS ETC.(IMPORTANT FOR THOSE LONG BORING TIMES WHEN THE WEATHER TURNS BAD)
32.	<input type="checkbox"/>	SMALL PERSONAL FIRST AID	INCLUDING ALL PERSONAL MEDICINES
33.	<input type="checkbox"/>	YOUR FAVOURITE POISON	PACKED IN PLASTIC BOTTLES.



WHAT TO EXPECT: WEATHER

Temperatures on the trek will vary from 20 to 30 degrees Celsius in the sun, to a minimum of 0 to minus 5 degrees Celsius in the night.

It's best to be prepared for lower temperatures due to wind chill or the weather turning bad.

You should be ready for inclement weather in any case as the weather changes rather quickly at altitude. Always keep extra layers in your daypack.

WHAT TO EXPECT: DIFFICULTY

Our moderate expedition trips are designed for energetic and flexible people who have the spirit of adventure and a positive attitude.

These trips are participatory in nature, and everyone is expected to pitch in however much they can.

People wishing to undertake this trip should have a good level of physical fitness, previous experience of trekking is not essential but it does help.

The trail will be steep in parts and you should be comfortable with a certain degree of exposure.

Our trekking pace at altitude is dictated to a great extent by the need to acclimatise which imposes height gain limits on any day. Walking speed is further restricted by the sometimes difficult terrain. The group only moves as fast as its slowest member.

Our moderate trips consist of active trips involving hiking over reasonable terrain, within vehicular access, up to elevations less than 4000 meters, or trips with long walking days remote conditions with limited access to roads and connectivity.

Trip requisites: remote locales, extreme wilderness and a healthy appetite for adventures.

WHAT TO EXPECT: BAGGAGE

Keep it light — although what you carry with you is a very personal decision. Some of our guests love to travel as light as possible while others are only happy when they have countless bits of equipment for every possible occurrence, most of which will never be used. The list at the beginning of this document covers all essentials that you must carry.

Check the list of inclusions for your trip for the maximum portage included on the trip — this only includes your packed duffel bag. Your daypack (usually 5-7 Kg) is separate.

Pack everything in smaller Ziploc bags so they are easier to access and add to the waterproofing in your bag.

RUCKSACK/ DUFFEL BAG OR SUITCASE?

It's best to carry your belongings in a large, tough duffel bag or a big rucksack — No hard shells/suitcases/duffel bags with wheels. Your main bag should be a tough one as it will be on mule/porter back, not the best place to be for a fragile bag.

WHAT YOU CARRY

You are expected to carry a daypack on the trail.

You will carry things that you will need throughout the day, such as - camera, extra batteries, water bottles, packed lunch, sweets, rehydration powders, waterproofs, a fleece or a jumper. It's a good idea to have a roll of toilet paper accessible should you need to go.

See "In Your Daypack" Illustration for a complete list.

WHAT TO EXPECT: CLOTHING & GEAR

CLOTHING

While walking the body heats up and all we might need to wear is a T-shirt & shorts/ trousers.

However, all our warm clothes will come into play in the mornings / evenings when we aren't doing much physically.

A good base layer which could be a tight thermal top (polypropylene), with a T-shirt on top will keep you warm and dry.

Mid layers provide insulation so anything that is warm will do e.g. a medium thickness wool jumper or a mid-weight fleece top, along with another lightweight fleece top will suffice. When really cold, substitute the thinner layer with a down jacket.

The outer layer is the final layer between you and the elements and must be capable of keeping out the wind, rain and snow. Any good waterproof & windproof jacket will do the job.

Leg wear in the form of thermal long johns are invaluable.

A good wide brim sun hat, while trekking and a warm woollen cap while at camp is very essential.

Sunglasses which offer 100% UV protection are necessary to combat strong daylight and reflection off the snow.

GOOD FOOTWEAR:

Most trails in the Indian Himalayas are pretty rough and steep so a good pair of shoes is important. Have thin hiking socks for the day, thick woollen ones would give you blisters (no matter how cold it is).

For colder temperatures use merino wool blended hiking socks.

Woollen socks are only to be worn only at the campsites to keep the feet warm. Few things will make you more miserable during the trek than blisters.

Blisters are almost certain to occur if your boots are not broken in. If you are buying new boots buy them as soon as you can and wear them as much as you can before the trek.

SLEEPING BAG

A good quality 4 season sleeping bag rated for at least -5 deg C would ensure a good night's sleep after a long day outdoors. Do not compromise on your sleeping bag — err on the side of carrying a warmer bag, than carrying a light one which may give you many sleepless nights.

Women tend to sleep colder than men, make sure your bag is either a women's bag or carry a bag rate colder than what you expect the temperatures to be.

WHAT TO EXPECT: ACCOMMODATION

Apart from nights at guesthouses/hotels as detailed in your itinerary, most nights will be spent camping.

Aquaterra tents are top of the line (Mountain Hardwear/North Face/Eureka) three person tents (dome shaped trekking tents) shared between two people. Foam/Rubber pads are



provided for you to sleep on. If you have your personal mat / thermarest / inflatable mat, please carry it along.

The Mess tent is where you will spend most of your evening. It houses the dining equipment (trekking chairs & tables) and all your meals are served here.

Toilet tents (dry pit/compost toilets) are set up at the perimeter of the campsite. It is essentially a cat hole with a WC toilet seat on top inside a rectangular tall tent.

There are no shower tents.

WHAT TO EXPECT: A DAY ON THE TREK

A day on a trek begins with tea served at 6am. Breakfast is served at 7 am by which time; you are expected to vacate your tent so packing can begin.

Your help with setting up and packing up of tents is always welcome.

We aim to usually be on the trail by 8:30 am and reach our camp for the day by 2-3pm, if not earlier.

Long days on the trail may mean an earlier start and an 8-10 hour walking day.

Lunch is usually had on the walk, and you'd get into camp for a welcome cup of tea.

The rest of the day is spent exploring the campsite, chatting within the group or going through the recreational material you've got along.

Hot soup and snacks are served by the campfire (wherever allowed), followed by dinner.

On summit/pass days, we have an early start in the dark (between 1am-5am, depending on the trek)

Your trek leader will brief you on the next day's schedule and terrain every evening.

Our entire crew will consist of Aquaterra guide, camp staff & kitchen team (along with outsourced mules and mule men), who would prepare the day's meals when we are camping out.

Menus vary from Indian fare to Chinese, pasta, cold cuts, sandwiches, eggs etc. We will provide you safe drinking water throughout the trek - it will either be bottled or filtered.

The entire crew moves together in a totally self-contained manner like a tight knit unit. All food, water and shelter, is carried with us on the trek which is why we need to use discretion while packing.

WHAT TO EXPECT: SERVICES PROVIDED

In remote regions, we often use local suppliers who provide services that may include vehicles for transportation, equipment, logistical support, hotels, guest houses etc. We do not own or operate these independent services or suppliers. We work with them as they share our commitment to service and quality.

WHAT TO EXPECT: MEDICAL FACILITIES/ FIRST AID

All trip leaders have appropriate wilderness first-aid training and are experienced in dealing with a range of medical problems associated with adventure travel.

This being said, none of them are licensed medical professionals and can only administer First Aid. We carry a comprehensive First Aid Kit on all our trips that equip us to deal with the most common issues faced in the outdoors and at altitude.

All our trips camping over 5000m have a stretcher, a Gamow Bag and emergency oxygen.

PERSONAL MEDICINES

Carry all personal medication that you may need. **It is an absolute must to let us know well in advance should you be suffering from any particular ailment.** If anyone has health concerns like breathing problems, knee issues, high blood pressure, previous altitude illness history or any recurrent/chronic diseases and injuries - please let us and your guide know.

It will help you to have your own personal first aid kit consisting of a broad spectrum of the following —

1. Antibiotics
2. Antiseptic cream
3. Throat lozenges
4. Diarrhoea treatment (Imodium)
5. Painkillers



6. Plasters and blister treatment
7. Insect repellent (DEET)
8. Re-hydration salts (Dioralite).
9. Glucose tablets and multi-vitamin tablets.

WHAT TO EXPECT: EMERGENCIES AND EVACUATION

Trips in India do not have any satellite phones as they're illegal. Trips in Nepal are equipped with satellite phones in most big villages en route.

Travel to any part of the Himalayas deserves a little more respect than many other mountain ranges because most of the regions lie in high altitudes 2500 meters and above, with the road being days away. This makes emergency evacuation difficult and time consuming.

Your Aquaterra Trip Leader is experienced in handling such situations and will be trained in rescue procedures. They will take decisions that focus more on preventive/preemptive solutions rather than reactions to an already bad situation.

Please make sure that you buy adventure insurance before you come for an adventure with us.

Severe evacuations and rescues are conducted by the military (standard procedure) — an eventuality that we strive to never have to witness.

Most evacuations are done in time so that the trekker can walk/ride a pack animal down the mountain. In serious cases a stretcher is available to get a person to a place where they can receive medical help.

WHAT TO EXPECT: **ALTITUDE** **CONSIDERATIONS**

The Himalayas are the highest mountain range in the world. As such, the chances of developing altitude sickness are considerable and every person embarking on an adventure here should read the following information and be reasonably prepared.

WHAT IS ALTITUDE SICKNESS?

Sometimes called “mountain sickness,” altitude sickness is a group of symptoms that can strike if you walk or climb to a higher elevation, or altitude, too quickly.

Any illness that manifests at altitude, which was not present at sea level, and automatically gets better if you descend can be classified as altitude sickness.

Altitude sickness has three major forms:

1) Acute Mountain Sickness (AMS)

Quite similar to a hangover - it causes headache, nausea, and fatigue. This is very common. Some people are only slightly affected, others feel awful.

However, if you have AMS, you should take this as a warning sign that you are at risk of the serious forms of altitude sickness: [HAPE](#) and [HACE](#)*. Both HAPE and HACE can be fatal within hours.

AMS is diagnosed if you —

- 1) Are above 2500m
- 2) Have a headache
- 3) Have one of these symptoms — nausea/ vomiting/ lethargy/ fatigue/ sleeplessness/ dizziness/less appetite.

THE GOLDEN RULES OF AMS

1. If you feel unwell, you have altitude sickness unless proven otherwise.
2. Do not ascend further if you have symptoms of altitude sickness.
3. If you are getting worse then descend immediately.
4. Your guide/trip leader always has the last say on the need for a descent.

2) HAPE (High altitude pulmonary edema)

HAPE is excess fluid in the lungs, and causes breathlessness. It is never normal to feel breathless when you are resting - even on the summit of Everest. This should be taken as a sign that you have HAPE and may die soon. HAPE can also cause a fever (a high temperature) and coughing up frothy pink sputum. Symptoms usually come on within 12 to 24 hours of reaching a higher elevation. HAPE and HACE often occur together.

3) HACE (High altitude cerebral edema)

HACE is fluid in the brain. It causes confusion, clumsiness, and stumbling. The first signs may be uncharacteristic behaviour such as laziness, excessive emotion or violence. Drowsiness and loss of consciousness occur shortly before death. HAPE and HACE often occur together.

PREVENTION OF ALTITUDE SICKNESS:

Physical fitness and altitude sickness have been repeatedly shown to have no connection. Even Olympic athletes get altitude sickness.

Go up slowly, take it easy, and give your body time to get used to the altitude. The body has an amazing ability to acclimatise to altitude, but it needs time.

CURE OF ALTITUDE SICKNESS:

TREATMENT OF HAPE & HACE

1. Immediate descent is crucial & the best medicine
2. Dexamethasone & Nifedipine (for HACE AND HAPE, respectively) should be given.
3. Pressure Chambers & oxygen gas can buy some time.

If you do have mountain sickness, the best treatment is descent.

Painkillers may ease the headache, but they don't treat the condition. Acetazolamide may be helpful, especially if you need to stay at the same altitude, and resting for a day or two might give your body time to recover.

It is essential that you should NEVER go up higher if you have acute mountain sickness. .

Unfortunately, it is currently impossible to predict who will get mountain sickness.

Aquaterra Trek Leaders are widely experienced and will be able to give you good advice to help minimize any temporary discomfort that you might experience. If you have suffered serious problems at altitude before, you should seek the advice of your doctor

or a specialist. We are always ready to give advice on this subject. We do not take heart or lung patients, or pregnant mothers on such trips.

Any kind of exercise which gets you fitter before this trip is advisable, as it will enable you to enjoy the region more.

CAN I TAKE DRUGS TO PREVENT ALTITUDE SICKNESS?

Only one drug is currently known to prevent AMS & to be safe for this purpose- Acetazolamide (Diamox). It causes minor side effects such as tingling fingers, a funny taste in the mouth and is a mild diuretic (which means you pee a lot). Consult your doctor and your trek leader before starting a course of Diamox.

NEVER TAKE DIAMOX ON A TREK WITHOUT CONSULTING WITH YOUR AQUATERRA TREK LEADER!



TREK PREPARATION: THE NEXT STEPS

Have any questions? [Email us](#)

Ready to go?

Book your place by filling in this [form](#).

Make your payment [here](#).

Once you fill in your form, we'll get in touch with you with all the necessary details.

PLEASE NOTE:

Filling in the booking form does not guarantee a spot on any trek. You will receive a separate confirmation email once the booking form is submitted.

We look forward to hosting you on your next Adventure!

